



# GREY POWER MARLBOROUGH

*Advocating for people 50 +*

## From our local President



Please meet Allan Beaman who has joined the Grey Power committee as the Picton representative. We are excited to have Allan join us as he brings valuable skills and a fresh perspective to Grey Power.

Greetings all. Well here I am, one month into the role. I was overwhelmed with the number of people who read last month's article and commented on my appointment. It is nice to know the support Grey Power has within the Marlborough community.

Thank you to everyone who has paid this year's dues. I would like to acknowledge Tamara and Paula who have worked extra hours in the office to process and accept payments. And a massive thank you to all the volunteers who hand-delivered mail for us. The savings in postage are huge and really contribute to enabling us to be more efficient and cost-effective

with delivery of our services to members.

In this ever changing world, it is nice to know there are organisations out there that truly have your back, especially as we grow older and wiser. Grey Power advocates for the rights and well-being of older New Zealanders, and if there is some issue in Marlborough that you think we can help with, then please do not hesitate to contact our office. The Grey Power committee meets once a month and all members are welcome to attend.

And speaking of our committee, we are delighted to welcome Allan Beaman as the (new) Picton representative.

So if you're not a member of Grey Power yet, maybe it's time to check us out. And to all those who already are, thank you.

*Ngā mihi,  
Bron  
Mogridge*



## Thinning skin - what is it, and how do we manage it?

If you've cared for an older family member, you may have been alarmed at how easily their skin can become damaged. Now, perhaps you are beginning to notice changes to your own skin - a graze where you didn't expect to see one, or a bruise when you can't recall having bumped that part of your body. Some reasons for skin damage can be serious, and your concerns are always worth checking out with a visit to your GP. However, in many cases, the most common skin changes are simply due to the ageing process. One of these is 'thin skin,' a phenomenon in older people which is due to several factors.

Our body is continuously pro-

ducing sebum, an oily substance formed in microscopic glands just under the skin surface. This protective 'oil' moistens our skin and prevents it from becoming too dry. We're most aware of our sebaceous glands at two specific times of life - in our teens, when the overproduction of oil and associated blockages often result in skin problems, and as we grow older when the glands are under-producing oil and our skin lacks moisture.

As well as our sebaceous glands becoming less active as we age, older skin is less able to retain the sebum that is produced. This can result in dry skin which can feel uncomfortable and itchy. The

skin is more prone to cracking and breaking open which makes the body more prone to infection. Lower subcutaneous protein can also result in 'saggy skin' and while this, in itself, is unlikely to cause physical health issues, it can affect our morale.

Thinning skin may also be related to a drop in energy levels as we grow older. With less energy can come the possibility that we neglect hydration and diet. Sufficient water and vitamins A, C and E are all associated with skin repair, and if they are lacking in our diet our skin can become thinner. As it does, the tiny blood vessels which run directly beneath it have less protection and are

more easily damaged. This is why bruising in older skin is more common.

Medications, including the long-term use of corticosteroids and other anti-inflammatories, and diseases such as diabetes which affect blood circulation, can all contribute to 'thinning skin.'

While it may sound grim, there are steps we can take to mitigate it and they are not difficult. They include the following:

Daily moisturising with a recommended skin lotion. And please note: don't be tempted to add oils to your bath water - if you do, you are increasing the chance of slipping and falling.

Use mild soaps recommended

by your GP.

Maintain adequate sun protection (including hats, clothing and creams, and staying undercover during the hottest times of the day).

Regular exercise to maintain and build muscle mass.

Ensure regular hydration and healthy meals that include fresh fruits and vegetables.

Quit smoking and limit alcohol (just think of the money you'll save).

Have regular skin checks.

Growing older is more reason than ever to attend to skin care as part of your daily wellness routine. Care for your skin, and it will care for you.

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# GREY POWER MARLBOROUGH

*Advocating for people 50 +*

## Getting ready for Winter

*Some helpful hints from Consumer NZ*

### Clean your heat pump filters

Slide the filters out and vacuum them. You will notice the difference when you turn the heat pump on afterwards.

### Test your electric blanket

If your electric blanket has been in storage, check it before you use it. If it's been folded, consider replacing them as they may be a fire risk.

### Seal up any draughts

To draught-proof your home, first find them. Look for obvious gaps, feel for moving air around doors, windows, fireplaces, and vents, stairways, floorboards, exposed rafters, and beams. Listen for rattles or whistling, especially during strong winds. Movement around curtains is a good indicator of draughts. Once you've identified them, you can seal these using draught sealant tape.

### Double Glazing

Double glazed windows keep your house warmer and reduce condensation. If not financially or practically feasible, a window insulator kit is a cheaper alternative that can mimic the effect of double glazing. It's a plastic film you cut to size, then shrink to the

window using a hairdryer.

### Making best use of windows

Make the most of nature's ventilation and heating services. Even if it's cold outside, opening the windows is important. Just a few minutes each day can help improve air quality and reduce condensation. Close curtains as the sun moves around the house to trap the warmth for the night. A small fan on a low setting can also help move air around the room.

### Order your firewood

If you haven't ordered firewood yet, do so now to avoid the rush or long waits. Make sure it is well seasoned, so it burns efficiently.

### Set a timer on your heat pump

If you're handy with the heat pump settings, learn how to set the timer so it will already be on before you wake up and when you get home.

### Find some slow cooker recipes you'll want to use

Cooking a meal in the slow cooker all day is cheaper than cooking dinner in the oven. Find some recipes that will inspire you to get the slow cooker out more this winter.

## Office snippets

- Thank you very much to all our lovely members who have paid their subscriptions. If for any reason you have not received an invoice or have misplaced it, please get in touch with the office and we will email or send out a new one.
- We are trialling a new system this year. If you paid online and have an email address, you will have received an emailed receipt as proof of membership. Should you wish to have a membership card and/or Discount Book, these are available to be collected from the office. If

you cannot get to the office, please get in touch and we will get them to you.

- We also use Facebook to pass on information from other groups that may be relevant to some of our members - just look up Grey Power Marlborough. And please remember to let us know when you change any of your contact details.
- Congratulations to Marlene who won a free hour of gardening and many thanks to Sheldon at Magpie Lawns and Gardening for sponsoring this prize.

## Events

- Staying Safe - Refresher Course for Older Drivers. Wednesday 14 May, 9.45am - 2pm. Telephone Age Concern Marlborough on 03 579 3457 for more information and/or to book in for this FREE course.
- History From the Grave Author Talk with Don Auckram, Saturday

17 May, 12noon @ Havelock Pavilion, 6 Neil Street, Havelock. Tours at 10am & 2pm. See eventfinda.co.nz for details and to book.

- Grey Power Marlborough committee meeting, Monday 19 May, 10am @25 Alfred Street, Blenheim. Everyone welcome.

## Things to do

- Blenheim Petanque Club welcome new members. Go along to the club at 65A Weld St, Blenheim. Open Wednesdays 1-3pm, Sundays 10am - 12 noon. Phone Russell, Club Captain, on 03 579 1952 if you have any questions.

- Blenheim Scottish Country Dance Club meet Monday nights, 7-9pm at St Andrews Presbyterian Church Hall, Henry Street, Blenheim. A great way to make new friends. Phone Heather on 021 0258 7325 or Gillian on 027 454 102 for more information.

## Use that Discount Book!

**We encourage you to look through your Discount Book - there are some great savings to be had!** Each month we would like to acknowledge the support shown by some of our local businesses.

- Auto Electric City Blenheim, Auto

Super Shoppe Blenheim, Automotive Solutions Blenheim, Blenheim Appliance Repairs, Blenheim Chimney Cleaning 2024, Blenheim Electric House, Blenheim Print, Blue Penguin New Zealand Gifts, Bluebridge Cook Strait Ferries.

## Winter Energy Payment

The Winter Energy Payment started again on Thursday 1 May. This helps keep your home warm and dry over winter.

If you get NZ Super or Veteran's Pension, you will be entitled to receive it from Thursday 1 May until Wednesday 1 October. This is done automatically; you don't need to apply. When you receive NZ Super on Tuesday 6 May it will include a part Winter Energy Payment. Your first full Winter Energy Payment will be on Tuesday 20 May.

Couples and people with dependent children will get \$31.82 a week. Single and widowed people will get \$20.46 a week.

Couples will receive a combined payment which is made to one person in the couple - unfortunately we can't split it, but we can switch it to the other person's account. Please get in touch if you want to do so by calling the MSD Seniors Line on 0800 552 002 (Mon-Fri 7am - 6pm and Saturday 8am - 1pm).

If you don't want to get it

If you don't want to get Winter Energy Payment, you can opt out by either completing the 'Stop or restart Winter Energy Payment' online form, or contacting MSD.

From the Office for Seniors, April 2025.

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